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HYGIENIC CHARACTERISTICS OF INTERNET ADDICTION AT EURASIAN YOUTH

Gerasimenko Olga I.,

Associate professor, PhD

Bohachova Olha S.,

Senior lecturer, PhD

Dana Al-Bhaisi,

Thuraya Al-Bhaisi

Students

Kharkiv National Medical University

Kharkiv, Ukraine

bogacheva85@ukr.net

Introduction. In modern days internet has become an essential part of almost everyone's daily life to the point of addiction in some cases. Many tend to rely on the internet in all aspects either at home or as their own careers, which can be physically and psychologically harmful. Long stay on the Internet may result in sever back pain in adults and unhealthy physical development in children [1].

Aim. To get a closer look on the issue and analyze level of internet addiction among people, and its effect on their lives.

Materials and methods. We conducted an online survey on SurveyPlanet.com using the Internet Addiction Test originally made by Dr. Kimberly Young [2]. We spread the questionnaire among 29 people with ages ranging from 18 to 45 years, in different countries including: United Arab Emirates, Vietnam, Egypt, Syria, Malaysia and Jordan.

Results and discussion. According to our analysis, we found out that 44.4% of responders frequently spend more time on the internet than they intended. There are 18.5% of people often suffer in their job performance and school grades due to their

prolonged internet usage. In the aspect of social life, around 50% of replies say they do not actually make new relationships through Internet, but they rather take it for entertainment purposes. 14.8% of people replied that life without Internet would be boring and joyless. In addition, 26.9% occasionally fantasize going online again when they log out. On the other hand, 60% of people do not get irritated when someone interrupts them while surfing the Internet. 34.6% of participants fail on cutting down the time that they spend online.

Conclusions. We concluded that among our responders, approximately 58.3% are average online users whom have control over themselves, 33.4% are moderately addicted and face some occasional issues regarding the matter and only 8.3% are highly addicted with high internet usage, which is negatively affecting their life.

Recommendations. Solving such issue is quite complex but reducing it requires only small changes to be done such as providing books and social activities in public places for people to get involved in instead of surfing the internet. For the younger generation we can distract them from the internet by teaching them new skills or leading them to participate in more real events like camps and competitions.

References.

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2. Kimberly S. Young (1998). *Internet Addiction Test (IAT).* [http://www.internetoveruse.com/?p=171.](http://www.internetoveruse.com/?p=171)